

# Shamanic Journeying

A one-day class to learn basic shamanic skills led by Ana Larramendi  
Sunday, February 14, 2010. 10:15am to 5:30pm  
At the T'ai Chi Center 301 S. Bedford Suite 219, Madison, WI

The practice of shamanic journeying is an ancient method of accessing spiritual wisdom by developing a means of communication with helping spirits and animal allies. These tools can be used for personal growth as well as healing of the self and others. If you are curious about shamanism and would like to have an opportunity to learn this ancient meditative practice, join us for a wonderful day of journeying and exploration!

## This class will include:

- An overview on the history of shamanism and understanding the cosmology of the spiritual realm from a shamanic perspective.
- Discussion on creating sacred space and ceremony.
- Guided journeys to meet your power animal and Spirit teacher.
- Learning your personal journeying style.
- Learn how to decipher symbols and messages in your journeys.
- Practice simple divination journeys for a partner.
- Explore journeys for spiritual protection and simple healing methods.

**What to bring:** a journal and pen, a bandana to cover your eyes, a rattle or drum (if you have one--optional) a blanket or pad for sitting, loose comfortable clothing for easy movement and sitting on the floor, warm socks or slippers (No street shoes are allowed) a sack lunch and beverage and your own curiosity and enthusiasm!

**Cost:** \$90 in advance, \$100 at the door. Payment can be made with cash, check, MC or VISA

For more information contact Ana Larramendi: 608-255-4333 or email: [inomoxo@tds.net](mailto:inomoxo@tds.net)

**Arrival:** Please arrive between 9:45-10:00am Sunday, Feb. 14th to register and check in.

**Class will start promptly at 10:15am.**

**Ana Larramendi** is a shamanic practitioner, teacher, minister, public speaker, chef, Vision Quest leader, wilderness enthusiast, and ceremonialist who has been studying and practicing shamanism since 1989. She is an initiated mesa carrier in the Inka tradition, is a member of *The Foundation for Shamanic Studies*, [www.shamanism.org](http://www.shamanism.org), and is a founding member of the *Society for Shamanic Practitioners*, [www.shamansociety.org](http://www.shamansociety.org) Ana has a private healing practice in Madison, and teaches numerous workshops on the subject of Shamanism. More of Ana's work can be seen at her website: [www.thehollowbone.com](http://www.thehollowbone.com)

**For advanced Registration** fill out the following information and mail it with payment to:

*Ana Larramendi, 1225 East Dayton St. Madison, WI 53703.* Questions? Call 608-255-4333

Credit card registration can be done by phone: 608-255-4333. I will confirm your registration with a phone call or email and send directions to the **T'ai Chi Center** if you need them.

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Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Cost of class \$90.00. Method of payment: MasterCard, Visa, Check (make checks payable to The Hollow Bone)

Credit card number \_\_\_\_\_ exp. date \_\_\_\_\_

Signature authorizing charge \_\_\_\_\_